

# Natural Treatment for Covid-19

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## About the Study

Natural products and herbal medicine have a long track record in treating respiratory infections and many have been approved as drugs or over-the-counter food additives. Spices could be utilized as dietary or corresponding treatment to forestall contamination and fortify insusceptibility. Since the earliest reference point of human progress, plants have been a fundamental inventory for anticipation and mending for people and animals, particularly in non-industrial nations. Nature is the medication of the debilitated. Likewise, the examination on plant species and their utilization is quite possibly the most key human interests and has been broad everywhere on the world. Various plants and spices that can help in the battle against Coronavirus. elderberry, garlic, ginger, giloy, tulsi, flautist, turmeric, clove, dark paper, ginseng, dark cumin, astragalus glycyphyllos, aswagandha, cinchona.

Herbal remedies have long been used to treat infections and viruses, such as the common cold, influenza, fever, and even herpes. Certain herbs, if misused, could boost the immune system even more and lead to “a cytokine storm.” As scientists around the world race toward finding an effective treatment and cure for COVID-19, health officials in China have started encouraging an alternative type of medicine to help those who get sick with the respiratory infection — traditional herbal remedies. Using herbs for illness isn’t a novel idea. For thousands of years, herbs like licorice, ginger, and ephedra have been used to treat respiratory infections like the flu. Trusted Source and pneumonia. Some remedies, like forsythia, were put to the test for SARS Trusted Source and found to be somewhat effective in laboratory studies. Anecdotal, people have claimed herbal medicines have kept them healthy or improved their symptoms, but the bulk of research on herbs is inconclusive. Health experts warn that we don’t have enough data to support

the use of herbal remedies for COVID-19. Though we may eventually find that certain herbs may be beneficial for the coronavirus; the science is scarce and now is not the time to start experimenting with herbal remedies on your own if you contract COVID-19. In spite of the fact that you should work on bringing down your feelings of anxiety all year rehearsing in the midst of this infection episode is especially significant as pressure straightforwardly impacts your safe framework. Discover approaches to bring down feelings of anxiety by ruminating, practicing and controlled breathing strategies. Nourishing insufficiencies make us more helpless to infections and microscopic organisms that is the reason it is essential to eat dietary food sources that keep a sound safe framework. Entire food sources including grains, beans, nuts and seeds offer day by day dietary benefit alongside sweet-tasting vegetables and verdant greens.

As of now, there are predetermined numbers of allopathic drugs considered compelling against COVID-19. The plan and improvement of medications and immunizations require explanation of the component of SARS-cov-2. Current writing gives evident proof supporting dietary treatment and natural medication as expected compelling antivirals against SARS-cov-2 and as preventive specialists against COVID-19. Along these lines, dietary treatment and natural medication could be a corresponding preventive treatment for COVID-19. Be that as it may, these speculations require exploratory approval in SARS-Cov-2 disease models and COVID-19 patients. A number of home treatments may help manage symptoms of COVID-19. These treatments do not cure the disease, but they may make a person more comfortable.

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